



EFFECTIVENESS OF COUNSELING ON REDUCTION OF STRESS ON MOTHER'S OF HIGH RISK NEONATES IN NEONATAL INTENSIVE CARE UNIT

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ABSTRACT

Background: Admission of a newborn in a NICU may be a major crisis in the lives of parents and may produce greater levels of stress. This study was done with the intention of reducing the parental stress in NICU and improving the coping strategies of the parents.

Methods and Materials: One group pre-test and post-test was used. Mothers were taken belongs to NICU admitted high-risk neonates were target population. A sample of 75 mothers were taken using quasi experimental design. Stress was assessed by using modified parental stressor scale. But the counselling was given by using assisted video teaching and flashcards.

Results: This study has revealed that counselling program helps to reduce the stress level for the mothers of high-risk neonates. The pre-test mean score stress level in parental role alteration is 2.03 ± 0.84 , but in post- test it is reduced to 1.61 ± 0.55 . The Neonatal Intensive Care Unit mothers of high risk neonates needed good communication with physician, nurses and other health workers helps to reduce the stress level in NICU.

KEYWORDS: stress, coping, NICU, mothers.

Introduction:

Stress is a common disorder occurs in everyone's life worldwide. Stress affects the mind and the body. It not only affects thoughts and feelings but also affects the body in ways you can feel (increased heart rate). In this study the mothers of high risk neonates, stress also can affect their ability to breast feed their infant. **Colman (2003)** defined stress as psychological and physical strain or tension generated by physical, emotional, social, economical or occupational circumstances that are difficult to manage or endure. **Turan, et al (2008)** revealed that parents of children in the NICU experience high levels of stress and that there are interventions which can decrease the stress level of the parents. The parental stressor scale was used as the primary measurement tool in this study. Information obtained from the PSS demonstrates that the stress reducing nursing interventions were the primary cause for the lower stress levels in the intervention groups. **Datta (2009)** explained that hospitalization of a child is the break in the unity of the family. Emotional reactions of each member of the family must be considered to help them to adjust with stress due to the hospital situation and illness. Parents whose child has been admitted to the hospital feel not only separation from their children but also they may have feeling of inadequacy as others provide care for other children. They feel anxiety, anger, fear, disappointment, self-blame and possible guilty feeling due to lack of confidence and competence for caring the child in illness and wellness. **According to Yee et al (2006)** states that good communication between parents and staff is needed for the likely outcome of high risk neonates and also discussed the best practices for the health professionals communicating with the parents of high risk neonates.

Objective:

To correlate the parental role alteration and stress in mothers of high-risk neonates.

Assumptions:

1. Mothers of high risk neonates admitted in NICU experience anxiety, tension fatigue and insomnia etc.,
2. Mothers of high risk neonates stress varies according to the diagnosis and treatment of the pre-term neonates etc.

De-limitations:

1. The study was limited to mothers of high risk neonates admitted in Neonatal Intensive Care Unit at RMMCH, Annamalai Nagar Chidambaram.
2. The sample size was limited to 75 mothers of high-risk neonates admitted in NICU.
3. The period of study was only six months.

Material and method:

The study was carried out in NICU of selected hospital in Tamil Nadu. One group pre-test and post-test was used. A total of 75 mothers were selected and non-probability purposive sampling technique was used. In this study, the target population consisted of mothers of high-risk neonates admitted in NICU. The study was done for 6 months. The purpose of the study was explained to every respondent so as to get their full co-operation and consent was obtained from them. Privacy was given, stress and coping level was assessed by using the PSS (Parental stressor scale) on the 2nd day of admission and the same day evening counselling program was given by using the video assisted teaching and flashcards. This procedure is repeated for 4th and 7th day as post-test (1 & 2). Then the overall pre-test stress level and post-test stress level were compared.

Raines (2013) conducted a descriptive study to determine the occurrence of stress and the areas of stress experienced by mothers in NICU to the home setting. The author used PSS and infant hospitalization tool and a global measure of stress. The results revealed that the highest area of stress was parental role alteration with extremely high levels of stress reported by 34% of participants.

Rosenthal, Schmid et al (2007) conducted a study and evaluated the stress and coping of NICU nurses. Questionnaires were designed to measure the coping strategies used by the nurses ($N = 30$); the perceived helpfulness of the coping strategies; the frequency, controllability, and stressfulness of eight common NICU situations; and overall stress and satisfaction. The results revealed that nurses used a variety of problem-oriented and emotion-oriented coping strategies.

Data analysis and results

The data collected were coded. Descriptive mean and standard deviation and inferential statistics were used for data analysis.

Table 2 depicts the fact that estimation of mean and standard deviation of parental role alteration stress level in mothers of high risk neonates before and after counselling programme. Before the counselling the mean stress level was 2.94 ± 0.97 . After the counselling program on 7th day the mean stress level was 1.61 ± 0.55 . The p-value is highly significant (< 0.001).

The improvement was verified by the comparison of mean and standard deviation of parental role alteration stress level before and after counselling program.

TABLE 1
DISTRIBUTION OF DEMOGRAPHIC VARIABLES OF THE MOTHERS OF HIGH RISK- NEONATES ADMITTED IN NICU

Variables	Number of mothers(75)		Chi Square Test Value	P.Value
	No	%		
Age(years)mother 19-25yrs 26-30yrs 31&above	42 27 06	56 36 08	2.07	0.354
Mothers educational status 1-5std 6-10std 11 th -12 th std Above 12 th std	05 39 22 09	6.66 52.0 29.3 12.0	3.786	0.286
Mothers occupation 1.Cooly 2.House wife 3.Teacher 4.Others	06 60 04 05	8.00 80.0 5.33 6.66	1.307	0.727
Place of residence 1. Rural 2. Urban	57 18	76.0 24.0	0.037	0.847

TABLE 2
MEAN AND STANDARD DEVIATION OF PARENTAL ROLE ALTERATION STRESS LEVEL OF MOTHERS OF HIGH-RISK NEONATES

Assessment	Number of mothers(75)	ANOVA repeated test result	Repeated Contrast Test Result					
			Mean	SD	F-Value	P-Value	Comparison	MD
D2	2.94	0.97					D2 vs d4	0.71
D4	2.23	0.77	323.87	<0.001			D4 vs D6	0.62
D6	1.61	0.55						

Discussion:

The present study findings revealed that the parental role alteration stress level is very high in the pre-test after the counselling program the mean score stress level has been reduced from 2.94 + 0.97 to 1.61 + 0.55. It shows the counselling program is more effective in reducing the stress level of mothers of high risk Neonates in Intensive Care Unit.

A study conducted by Varghese (2015) to determine the level of stress among parents of neonates admitted in NICU in Northern India. This study was conducted from November 2009 to April 2011 and all parents of neonates admitted in NICU at least 48 hours were administered the PSS. Relevant parental and neonatal demographic data were collected. The results revealed that a total of 343 parents the total mean score ranged from 1.35 to 4.91 (mean: 3.71). The mean score for mothers was 3.78 and the mean score for fathers was 3.65. The mean sub scores were high in infant behaviour (mean: 4.25) followed by parental role alteration (mean: 3.64). The mothers scored higher than the fathers in all sub scores. Birth weight and gestational age will influenced the stress level to significant degree. Parents of neonates admitted in the NICU experience high levels of stress.

Conclusion:

NICU mothers needed a good communication with nurses, physicians and other health team members. These measures helps to reduce the stress and they will get discharge soon after their new-borns treatment.

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